

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps

THE VIGILEER

Vol. 52 No. 26

July 7, 2006

Aviano Air Base, Italy

Fly Bys

Hospital opening

The following services will open in the new hospital: The acute care weekend clinic opens Saturday, the family practice clinic, immunizations, pediatric clinic, radiology and lab opens Wednesday, the OB/GYN clinic and surgery/orthopedic clinic opens Thursday. The OB unit in Sacile remains open until today.

The parking lot in front of the new hospital, the old main clinic near the school gate and the parking spaces along Bldg. 117 are designated as patient parking only.

Change of command

Maj. Greg Brown will assume command of the 31st Mission Support Squadron from Lt. Col. Darrell Raynor at 9 a.m. Monday in the La Bella Vista Club.

AADD yard sale

Airman Against Drunk Driving hosts a yard sale from 9 a.m. to 3 p.m. Saturday in the commissary parking lot. People who wish to donate sale items can call Senior Airman David Cheechov at 333-434-1254. All sale proceeds go to the AADD Dragon Wagon.



Photo by Staff Sgt. Michael Holzworth

Safety net

Army Capt. Chris Weld, 1st Battalion, 503rd Airborne, performs a mandatory Jump Master Pre Inspection prior to conducting a parachute jump on Juliet Drop Zone here June 29. The Airborne troops conducted their first jump since returning from combat operations in Afghanistan.

Storm causes damage, ignites teamwork

By Senior Airman Colleen Wronek
31st Fighter Wing Public Affairs

Wind speed sustained 50 knots and reached a maximum speed of 82 knots before the equipment stopped working during Thursday's powerful storm.

The strong thunderstorm uprooted trees,

crushed cars under debris and caused structural damage to various buildings with an estimated repair cost of \$3.5 million.

Nine people had non-life threatening injuries.

Strong winds caused an Army Black Hawk

See Storm, Page 5

Grand opening: The new hospital ribbon cutting ceremony is at 10 a.m. Tuesday in Area One. Call Ext. 5458 for information.

31st FW Sortie Board

sortie: n, a flight of a combat aircraft on a mission

	Hours	Sorties
31st FW goal	1078.6	777
	-23.3	-8

Information current as of Thursday.



Celebrating

In honor of America's independence, the base community was treated to a traditional carnival and Fourth of July fireworks display.

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Sirmione

Venture through a lakeside fortress and well-preserved Roman ruins at Sirmione, on the southern region of Lake Garda.

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31st Fighter Wing

Commander's Corner

By Brig. Gen. Robert Yates
31st Fighter Wing commander

World's Finest, I hope you had a great Fourth of July! After celebrating the 230th birthday of our nation, I wanted us all to take a moment and think about how fortunate we are to be Americans.

I am proud of each and every one of you and how you support our nation through your service. Many of you have spent time in combat zones this year and know first-hand the price of freedom, and all of us play a role in this great war against terrorism and extremism. You should all be proud of your contribution and heritage.

Your heritage is rich ... our nation was born of courage and a willingness to face adversity. History tells us that by June 1776, our founding fathers came to the conclusion that a peaceful solution to our problems with England was not possible. And so they turned their focus to winning their freedom.

The task of writing a formal declaration of independence fell to Thomas Jefferson, John Adams, Benjamin Franklin, Philip Livingston and Roger Sherman. By the end of June, Jefferson presented the Declaration of Independence to the Continental Congress.

As you surely learned in grade school, John Hancock, the President of the Continental Congress, was the first to sign the declaration on July 4, 1776, the date marking the founding of our great nation, the land of the free and home of the brave – you all.

Like our founding fathers, this wing has recently faced adversity. On May 25, we initiated our 101 Critical Days of Summer safety campaign. Our goal was to have a fun and safe summer by engaging judgment and common sense on and off duty.

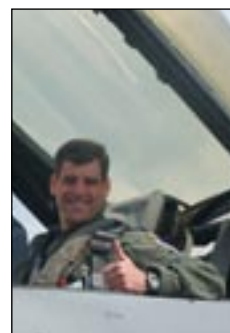
Since then we experienced a few very serious safety mishaps which have tested us – three fatalities and two in critical condition in trauma centers. When you add that to nearly 20 major motor vehicle accidents, the way is clear and the trend must be reversed – now, immediately and permanently.

Two weeks ago, we honored the Knight family with a memorial service. With heavy hearts, we rejoiced in the warmth of the memory of how they touched our lives. We are all better people because of them, we mourn their loss and we celebrate their lives.

The World's Finest – all of us – pulled together as one team. To all of the caring volunteers who donated their love, time, resources and talents – most sincere thanks from Barb and me. Your response, our response, was spectacular ... World's Finest standard.

In the face of such adversity, there is but one recipe – courage and resolve. John

See Corner, Page 16



USAFE Reportable Motor Vehicle Mishaps						
	Yearly Average (FY 2001-2005)			FY 2006 to Date		
	Motorcycles	Automobiles	Fatalities	Motorcycles	Automobiles	Fatalities
31 FW	4	11	2	3	6	
38 CSW		2		1	2	1
39 ABW		1				
48 FW	2	7	1		2	
52 FW	2	9	1		5	1
65 ABW		1			1	
86 AW	2	4	1			
100 ARW	1	1			1	
435 ABW	1	5			5	1
501 CSW		1		1	1	
HQ	1	2				
USAFE Total	13	44	5	5	23	3
Motor vehicle incidents continue to be the single greatest threat to our USAFE family. More than 65 percent of the mishaps in the command are caused by either excessive speed as it relates to the road conditions and by drivers simply not paying attention. Watch your speed and stay alert as you travel. Defensive driving and vigilance remain the primary countermeasures against accidents, but they only work if you use them. Current as of 31 May 06						



Photo by Staff Sgt. Michael Holzworth

Senior Airman Dustin Record (right) and Staff Sgt. DJ Santana, 31st Civil Engineer Squadron, remove loose ceramic tiles from a flightline dormitory roof. The tile became a safety hazard after the severe thunderstorm.

Storm, from page 1

helicopter assigned to Company B, 5th Battalion, 158th Aviation Regiment to flip over when the clam shell it was in fell apart. Air Force aircraft were undamaged and accounted for.

The Health and Wellness Center took a major hit when the roof caved in during the storm.

"I was attending the healthy living workshop at the HAWC when the power went out," said Airman 1st Class Ryan Nave, 31st Comptrollers Squadron FAST administrator. "We all looked outside and the wind suddenly picked up. I saw the windows start to shake and I ran for the nearest doorway. I turned around and saw a sergeant behind me get hit by a cinderblock right before the whole ceiling collapsed."

Airman Nave said after the ceiling collapsed, everyone in the HAWC helped those who were hurt walk over to the Mensa to take shelter there. Self aid and

buddy care was applied to all the injured as they waited for emergency medical teams to arrive.

Soon afterward, the weather cleared and the only evidence of the storm was debris left behind.

The base populace got together June 30 and Saturday to clean up the storm damage.

Each group on base had an area to clean up. Hundreds of people spent the day picking up tree branches, rubble and other debris. Some people used chain saws to take care of large branches and others used leaf blowers to get the base looking new again.

Most of the debris is cleaned up, except at the HAWC. The HAWC is cordoned off and remains off-limits.

Currently the HAWC staff is working on getting their programs up and running. The HAWC will let the community know when programs become available.



Photo by Staff Sgt. Michael Holzworth

Right: Cars parked at the Health and Wellness Center were crushed by rubble after the severe thunderstorm caused the HAWC roof to collapse.



Photo by Airman 1st Class Nathan Doza

Above: Aviano lost power as a severe thunderstorm with maximum wind gusts of 82 knots tore through the base Thursday.

Right: Airmen toss shattered ceramic tiles blown off the flightline dormitory roofs into a truck. Airmen came together Friday and Saturday to clean up the base after the powerful storm.



Photo by Airman 1st Class Nathan Doza

It's the law: Aviano members must recycle properly

**By Senior Airman
Colleen Wronek
31st Fighter Wing
Public Affairs**

Aviano members are not authorized to recycle home recyclables at the on base recycling center.

"The base recycling center is only for base recyclables said," Staff Sgt. Samuel Song, 31st Civil Engineer Squadron quality assurance evaluator. "Although most towns have their own recycling center, we would prefer people use the recycling center in the Aviano industrial area."

The Aviano Commune Recycling Center is located near the Army Air Force Exchange Service warehouse and POV inspections. They are open from 2:15 to 5 p.m. Mondays and Tuesdays and 8:30 a.m. to noon Wednesdays and Saturdays.

Quality assurance members are doing random surveillance to ensure no one dumps waste from their homes on base. "Off base trash must go to the community recycling centers," said Senior Airman Karrie Ehlers, 31st Civil Engineer Squadron quality assurance. "For example, people can't bring their couches and dump them in dormitory dumpsters."

People must turn in all metal to the Defense Reutilization and Marketing Office. For hazards material disposal, such as paint and other chemicals, people must turn it in at Bldg. 9041 from 1 to 3 p.m. Tuesdays and Fridays.

"Recycling is the law in Italy," Sergeant Song said. "In Aviano we fall under Aviano's recycling rules,



Photo by Senior Airman Colleen Wronek

When recycling trash acquired at work centers, people must use the proper recycling bins or go to the base recycling center

but every community is different."

Sergeant Song said Aviano's rules are lenient compared to other communities. In Aviano, community containers consist of glass, aluminum, wet waste and dry waste which include clothes and plastic. "Sacile is stringent," he said. "Sacile has two types of collection - community and private collection."

"On each container in Sacile there is a bar code. If there is something in the container that isn't supposed to be in there, the bar code gets scanned and they will know whose waste it is. You will get fined."

To avoid a fine and for more information on each communities recycling program, visit the 31st Civil Engineer Squadron intranet web site.

What can I recycle?

- **Mixed recyclables:** Include water, juice and milk cartons, aluminum foil, plastic wrap, soft drink cans, frozen food packaging, cereal box liners, Styrofoam, plastic household products bottles such as shampoo and detergent and tin food cans. Containers must be empty and cleaned of all residues.

Mixed materials do not include packaging material contaminated with hazardous waste (oil cans, paint cans), tires, batteries, or videotapes.

- **Paper:** includes paper bags, newspapers, magazines, writing paper, envelopes, file folders, post-it notes, egg cartons, junk mail, and computer and copier paper.

Paper does not include items such as used paper towels or tissue, used coffee filters, used paper plates, or papers contaminated with hazardous wastes such as paint or oil.

- **Glass:** Includes glass bottles, baby food jars and perfume bottles. Remove all caps and lids and rinse glass clean of all residues. Window panes, picture frames, light bulbs, porcelain, ceramic, plate glass, and lids must not be placed into the glass containers.

- **Wet waste:** Any type of food or wet product such as orange peels, wet paper towels, tea bags or left overs.

- Place loose items in plastic bags, except bottles and paper and place the bag inside of the containers. Bottles and paper may be placed directly into their respective receptacles.

- Any type of construction debris, metal, wood, large items such as chairs, pallets, stacks of books or paper or remodeling items can not go into the dumpsters.

Post office: For lost or damaged mail claims or tracking and postal inquiries, call the post office customer service at Ext. 7119.

Chief McKinley takes over top Air Force enlisted position

**By Tech. Sgt. Cohen Young
Air Force Print News**

WASHINGTON - The Air Force welcomed new Chief Master Sgt. of the Air Force Rodney J. McKinley as he was passed the torch by Chief Master Sgt. of the Air Force Gerald R. Murray in a ceremony here June 30.

Chief Murray retires after 29 years of service with the last four as the chief master sergeant of the Air Force.

Chief McKinley praised the "wonderful Airmen" standing in front of the audience, referring to the Air Force Honor Guard, which comprised 250 Airmen from various places and back-

grounds. He said the sight of the Airmen standing in front of the 50 state flags was a view that would "get your blood going."

Chief McKinley said it was an honor to be the 15th chief master sergeant of the Air Force. He said to say he was humbled would be an understatement.

"I've always been in awe of the chief master sergeants of the Air Force," Chief McKinley said. "They have inspired me and made me a better Airman."

Chief McKinley was the command chief for Pacific Air Forces at Hickam Air Force Base, Hawaii, before assuming his new position.

USAFE affected by foreign language pay changes

By Capt. Jonathan Friedman
USAFE News Service

RAMSTEIN AIR BASE, Germany – The Air Force recently announced that the Office of the Secretary of Defense approved new Foreign Language Proficiency Pay rates that will affect entitlements for many eligible military members.

The largest change is the number of languages identified as “abundant or surplus.” These languages are Spanish, Tagalog, Portuguese, German, Italian, Russian, Korean and French.

Additionally, although not considered abundant or in surplus, there are other languages that will not be included in the FLPP list unless performing in a language position, explained Senior Master Sgt. Brian Chasse, Air Force personnel testing manager Air Force Personnel Center. He noted that the languages include Polish, Czech, Romanian, Bulgarian, Danish, Swedish, Burmese, Slovenian and Norwegian.

Members who previously received FLPP in these languages may lose this entitlement beginning July 1. However, Sergeant Chasse explained that if a person is performing duty in a language-designated position – regardless of whether or not it is deleted from the FLPP list – they will not automatically lose the pay.

“If a person is in a position that specifically requires their foreign language – regardless of whether the language is considered in surplus or abundant -- that person will continue to receive FLPP, but only while in that billet,” said Sergeant Chasse.

There are 554 Airmen within USAFE who have been drawing FLPP entitlements. Of those, 371 are identified as proficient in at least one of the eight surplus languages but are not in a foreign language billet. These people will no longer receive the entitlement.

Nevertheless, those languages still identified as rare should see an increase. The highest maximum pay rate for a single-language proficiency increases from \$200 to \$500 per month; likewise, the maximum pay rate for multiple-language proficiency increases from \$300 to \$1,000 per month. This increase occurred June 1.

According to Sergeant Chasse, affected member’s servicing military processing flight should notify them of the change. For more information, members should contact their MPF or see a complete list of languages by logging into Air Force Portal and navigating to the AF/A1D Web page at <https://www.my.af.mil>.

(Portions of this story courtesy of Air Force Personnel Center News Service)

Money Matter\$: The family support center offers an “Investing 101” class from 2 to 3:30 p.m. July 26. Call Ext. 5407 for details.

Stolen VA laptop turned in

By Steven Donald Smith
American Forces Press Service

The stolen Department of Veterans Affairs laptop computer and hard drive containing the personal information of more than 26 million veterans were turned in to the FBI June 29, the Veterans Affairs secretary said before Congress June 30.

Reports indicate the FBI has made a preliminary determination that data contained on the computer and hard drive had not been accessed.

There have been no reports of identity theft or other criminal activity related to the stolen computer, R. James Nicholson told the House Veterans Affairs Committee. He added that the VA would still honor its promise of free credit monitoring for a year.

An unnamed individual turned over the laptop and hard drive to FBI officials in Baltimore. No persons are in custody at this time, officials said.

The laptop and hard drive were stolen from the Montgomery County, Md., home of a VA employee on May 3. Government officials do not believe the data on the laptop was the target of the burglary, and consider the break-in a random theft.

“This has brought to the light of day some real deficiencies in the manner we handled personal data,” Nicholson said. “If there’s a redeeming part of this, I think we can turn this around.”

Congratulations to these Aviano families on their newest additions!

Alexander Julian Michael Howard was born March 16 to Andrea Jullian Pyatt and Staff Sgt. William Howard, 31st Maintenance Squadron.

Ariana Anahi Brown was born April 18 to Senior Airman Vanessa Brown and Staff Sgt. Corey Brown, 555th Fighter Squadron.

Diego Keala Sanabria was born April 20 to Christine and Senior Airman Omer Sanabria, 31st Dental Squadron, and brother Giovanni, 2.

Ava Bree Cassity was born April 28 to Jodie and Tech. Sgt. Matthew Cassity, 31st Logistics Readiness Squadron and sibling Madison, 8.

Brandyn James Voss was born May 11 to Jennifer and Staff Sgt. Johnny Voss, 372nd Training Squadron.

Ethan Louis McManaman was born May 24 to Staff Sgt. Janice McManaman, 31st Aircraft Maintenance Squadron and Staff Sgt. Patrick McManaman, 31st Maintenance Squadron.

Sophia Annette Wylie was born May 27 to Jessica and Senior Air-

man James Wylie, 31st Maintenance Squadron and siblings Lydia Anne, 4, and Noah James, 2.

Leo Joseph Ford was born May 26 to Kathleen and Geoffrey Ford, 31st Aircraft Maintenance Squadron and brothers Michael, 17, and Presley, 3.

Isaac Elijah Massey was born June 2 to Shenika and Staff Sgt. Jerry Massey, 31st Communications Squadron and siblings Nathan Davis, 10, Kevin Williams, 8, and Jeremiah Massey, 1.

Madison Sierra Thorn was born June 2 to Theresa and Senior Airman Nicholas Thorn, 31st Security Forces Squadron.

Mason Joe Graves was born June 5 to Yolanda and Tech. Sgt. Joe Graves, 31st Civil Engineer Squadron and siblings Taylor, 10, and Miranda, 4.

Sebastian Peter Clark was born June 14 to Marianna and Staff Sgt. Travis Clark, 31st Aircraft Maintenance Squadron.

Garret James Hudson was born June 15 to Leila Hudson and Staff Sgt. Aaron Hudson, 31st Maintenance Operations Squadron.



With a carnival atmosphere and explosions ...

Aviano celebrates Independence



Photo by Tech. Sgt. Randy Mallard

Above: Col. Kimberly Toney, 31st Mission Support Group commander, smacks a softball during the Chiefs vs. Eagles soft ball game July 4. The Chiefs beat the Eagles 12 to 10 during the game that kicked off the holiday's events.

Right: Master Sgt. Paul Pellow, 31st Maintenance Operations Squadron, and his son, Alexander, enjoy a carnival game at Freedom Park. To celebrate America's independence, Aviano hosted a carnival on base with rides, games and a fire-works show.



ce Day



Photo by Staff Sgt. Michael Holzworth



Photo by Staff Sgt. Michael Holzworth



Photo by Staff Sgt. Michael Holzworth

Above: The fireworks display dazzled viewers as the explosions ignited the night sky above the 31st Fighter Wing Headquarters building.

Left: 31st Fighter Wing members take a spin on one of the many carnival rides offered at Freedom Park. Aviano celebrated the Fourth of July with games, food booths, eating contests, sporting events, car shows and performances.

Sponsorship

Sponsorship training is from 9 to 10 a.m. Wednesday and 1 to 2 p.m. July 26 at the family support center. For more information, call Ext. 5407.

Resume writing

The Family Support Center hosts a resume writing class from 10 a.m. to noon July 14 in Bldg. 118. The class teaches resume formats, key words and the importance of a cover letter. To sign up or for more information call Ext. 5407 or e-mail slyvia.flores@aviano.af.mil.

Cookies

The youth and community center hosts a Colossal Cookie Challenge at 2 p.m. July 14 at the youth center café. Cookies will be judged on taste, appearance and creativity and participants must bring the recipe and one dozen cookies to the competition. For more information, call Susan Lear at Ext. 5993.

Club scholarships

Air Force Services is conducting its annual club mem-

bership scholarship program. Current club members and their family members who have been accepted or enrolled in an accredited school for the fall 2006 term as a part-time or full-time student are eligible to apply. Students may be working toward an undergraduate or graduate degree. Grandchildren are eligible if they are a dependent of the club member.

Entrants must provide a 500-word essay on the topic: "Proud to be an American." Each entry form must be accompanied by college proof of acceptance. All entries must be submitted to the La Bella Vista Club by July 14. Call Ext. 4303 for details.

FTAC leader

The First Term Airman Center is looking for a motivated senior airman or staff sergeant to serve as a team leader for 120 days beginning July 17. Team leaders must be a graduate of Airman Leadership School, must have great dress and appearance and be excellent in customs and courtesies.

Potential leaders must clear with their supervisor and squadron before setting up an interview. For more information, call Staff Sgt. Travis Aberle at Ext. 5249.

Thrift shop opens

The Aviano Thrift Shop grand reopening is 10 a.m. to 4 p.m. July 18 in Area One, Bldg. 186. The thrift shop business hours are from 10 a.m. to 4 p.m. Tuesdays and Wednesdays.

Retirees

The Aviano Retiree Council hosts a buffet luncheon at noon July 19 in the La Bella Vista Club. The luncheon theme is "Your Health, Your Wealth" and the cost is \$12 per person. For more information, or to RSVP, call Walter Millington at 0434-653-263.

Embry-Riddle

Embry-Riddle Aeronautical University offers an Airport Operations and Management Class, which can be used towards a Master of Aeronautical Science degree. Registration begins July 28. For more information, call Ext. 5140.

Registration

The University of Maryland University College and the Bowie State University graduate programs is accepting registration for Term One. Active duty registration is Aug. 7 to 18 and open registration is Aug. 9 to 18 for classes beginning Aug. 21. For more information, call Ext. 5365.

Lil' Bambino

The Lil' Bambino Playgroup meets from 9 to 11 a.m. Wednesdays at the Freedom Park playground. For more information, visit www.lil-bambino.com or call Jacky Hingleton at 348-121-3921.

CCAF degree

The education center hosts weekly information sessions for the Community College of the Air Force associate degree program at 9 a.m. Thursdays at the educa-

tion center, Bldg. 187, Area One. For more information, call Ext. 5330.

vMPF

People who have recently married or added a child to their family should check their virtual record of emergency data in the virtual military personnel flight. They should also check their Servicemembers Group Life Insurance and Family Members Servicemembers Group Life Insurance at the Military Personnel Flight. E-mail accounts should also be updated in the vMPF. For more information, call Ext. 4686.

Memorial fund

A memorial/trust fund has been set up for Alexander William Knight, Tech. Sgt. Michael and Laura Knight's surviving son. Those interested in making a donation may send checks to: Attn: Sherrie D. Thomas, West Georgia National Bank, P.O. Box 280, Carrollton, GA 30112. Checks should be made out to the Alexander William Knight Educational Fund.

For more information, e-mail Maj. Laurie Conrad, at laurie.conrad@aviano.af.mil.

Estate claims

Any person (s) having claims for or against the estate of Tech. Sgt. Michael Knight should call Capt. Joseph Vick at Ext. 7336 or 335-156-1068.

Scout camp

The Aviano scouts are holding a medieval-themed twilight camp from 5 to 8 p.m. Aug. 7 to 11 at Area D. The cost is \$35 for registered Girl Scouts and \$45 for non-registered Girl Scouts. For more information or to sign up a Girl Scout, call Valery Hodgson at 0434-76-8521 or e-mail her at cookie6886@yahoo.com.

The cub scouts are also invited. For more information or to sign up a Cub Scout, e-mail richard.tangen@aviano.af.mil.

Reel Times

Today, 7 p.m. - "The Da Vinci Code" Rated PG-13 - The murder of a Louvre curator reveals a plot to uncover a secret that has been protected since the days of Christ. Starring: Tom Hanks, Jean Reno

Saturday, 2 p.m. - "Cars" Rated G - A hotshot rookie race car driven to succeed, discovers on a cross country trip that life is about the journey, not the finish line. Animated

Saturday, 7 p.m. - "The Da Vinci Code" Rated PG-13

Sunday, 2 p.m. - "Cars" Rated G

Sunday, 7 p.m. - "Silent Hill" Rated R - When a doctor of a troubled girl recommends permanent institutionalization, the girl's mother refuses to accept the grim diagnosis. The mother and daughter flee to a strange abandoned town to avoid the institution. Starring: Radha Mitchell, Sean Bean

Wednesday, 7 p.m. - "The Da Vinci Code" Rated PG-13

Thursday, 7 p.m. - "American Dreamz" Rated PG-13 - The chief of staff books the president as a guest judge on a popular television show. Starring: Hugh Grant, Dennis Quaid

(Titles and times are courtesy of www.aafes.com, and are subject to change.)

Fly Bys

Local festivals

- A historical re-enactment portraying scenes from 400 years ago is from 4 to 11 p.m. Saturday at Palmanova, which is near Aquileia and Grado. There will also be food booths and guided fortress tours. For more information, visit www.palmanova.it.

- Taste local smoked ham during the prosciutto festival from 9 a.m. to 3 p.m. Saturday, Sunday and July 16 at Sauris, near Udine. For more information, visit www.carnia.it.

- The Maniago choir hosts a concert at 9 p.m. Saturday in Pofabbro, which is in the main piazza north of Maniago.

- Blues bands will perform in the green and cool park at 9 p.m. today, Saturday and Sunday in Brugnara, Parco di Villa Varda. For more information, visit www.bluesin-villa.com

- Rany Newman performs at 9 p.m. Tuesday at Piazzale del Castello in Udine. For more information, visit www.folkest.com.

For more information on any of these events, call Ext. 7555.

World cup travel

Because of heightened security during the World Cup, Germany has increased border control measures through Sunday. All travelers, regardless of mode of transportation, will need to show their passports to enter Germany.

Explore castle ruins, swim at Sirmione

Story and photo by
1st Lt. Nicole Dubnicay
31st Fighter Wing Public Affairs

Alakeside fortress and well-preserved Roman ruins sandwich the Sirmione peninsula on the southern region of Lake Garda.

The Scaligeri Castle sets the small island area of downtown Sirmione apart with its moat and drawbridges. Vehicles are not permitted in this small city center unless you are a resident.

The castle can be explored for €4. Once inside, you can venture through the courtyard and climb the staircase to the top of the tower. The tower offers beautiful panoramic views of the lake and surrounding areas.

At the castle entrance, you will receive a paper guide explaining the history of the castle in English. While exploring, you can venture out on well-banistered ledges overlooking the boat wells once used to harbor castle visitors. Now the only inhabitants of the boat wells are large carp, which shade themselves under small patches of lake vegetation.

After touring the castle, visitors can head to the public beach area. The beach is small but pleasant and a great spot for strolling along the shore.

Beyond the castle, you can find the main square, which is lined with shops and restaurants. A main street winds up to the end of the island. This street is also lined with stores reserved for those with thick wallets. Fortunately there are some deals to be found.

Past the stores is a wellness area. This region of the lake is noted for its natural sulfur springs that are thought to provide healing qualities, but are also great for relaxing. The spa is the largest privately-owned thermal treatment center in Italy. A day visit is €35.

From the spa entrance, there is a €1 electric train that can take you up the hill leading to the entrance of the Grotte di Catullo. People can choose to walk if they like, but the hill is very steep.



From the the top of the Scaligeri Castle tower, tourists can see Sirmione's layout and enjoy breathtaking views.

The Grotte di Catullo are ruins of an old Roman bath and villa. The cost is €4 per person to see the well intact ruins. The grounds are laid out in gravel paths, so wear comfortable exploring shoes.

Near the entrance of the Grotte there is a small gallery. There you'll find a collection of relics found at the site and some re-creations of partial mosaics found in the Grotte.

Olive orchards border the ruins at the top of the hill. From there, you can peer down at the lake, which is favored by swimmers. The lake is very shallow with a smooth grooved bottom which causes the sun to warm up the water.

I'd recommend bringing your swimming suit if it's hot for a quick dip in the lake.

Sirmione is a great quiet lakeside retreat with just enough exploring, shopping and treats to keep you busy during the day.

History: Castello d'Aviano was fortified around the year 1000 by Aquileia patriarchs. Nearby churches have 14th century frescoes.



Photo by Senior Airman Jason Gregory

Romantic **Verona** not only has wonderful opera, but is famous for the setting of Romeo and Juliet.

Information, Tickets and Tours

Upcoming tours from the Information, Tickets and Tours office include:

- Saturday - Croatia by Boat
- Saturday - Guided San Marino
- Saturday - Wine tasting in the Local Area

- July 14-16 - French Riviera
- July 15 - Opera "Tosca" in Verona Arena

ITT escorts ensure the group arrives and

departs from destinations as scheduled and will do everything possible to make the trip safe and comfortable. Escorts also provide general information about the area.

Please note weather conditions and dress accordingly for trips. The ITT staff recommends wearing comfortable shoes because almost all tours involve walking. Call Ext. 5072 or 5026 for more information.

Daily sunscreen use protects skin

Stay wrinkle, cancer free with proper SPF wear guide

By Senior Airman Sarah Gregory
31st Fighter Wing Public Affairs

With all the different types and brands of sunscreen available, it can be confusing trying to figure out the best kind to get. Turns out, there is more to it than just choosing one with a high Sun Protection Factor. A high SPF isn't the only thing to consider when deciding on which sunscreen is best.

"The idea that high SPF is all that you need for full protection is a myth," said Tech. Sgt. Gina Francis, 31st Aerospace Medicine Squadron, Human Performance Training Team NCOIC.

"SPF 30, for example will give you the protection, but only from one type of sun ray, UVB rays."

UVB rays are short ultraviolet rays that cause sunburns. These rays penetrate more deeply beneath the skin and are responsible for wrinkles, cancer and premature aging.

"Many products claim they block UVA and UVB rays, but because there is no FDA approved measure of how well a product screens out UVA rays, it can be deceiving," said Sergeant Francis.

The best way to protect against this is to read the fine print, which should list the items that protect against UVA rays.

Sergeant Francis advises looking for two key ingredients - Helioplex and Mexoryl,



Courtesy Photo

When working out in the sun, wear protective gear such as a hat and if possible, sun glasses. Skin cancer is the most common of all cancers - one in five Americans and one in three Caucasians will develop skin cancer in the course of a lifetime - but it is also one of the most curable.

which is not available in the U.S., especially when choosing a sunscreen for children.

Aside from the premature aging effects, wearing sunscreen is especially important because incidents of melanoma and other skin-related cancers have doubled in the last 25 years.

"The best time to put sunscreen on is 30 minutes before going outside and to apply it generously, even on cloudy overcast days," said Sergeant Francis. "Overcast weather still requires sunscreen in summer because 80 percent of ultra-violet radiation is still present on cloudy days. Most people who use an SPF 15 get the protection equivalent to an SPF 5 because they put it on too thinly."

Even though a person puts on sunscreen once, he or she should remember it's important to re-apply often. Sergeant Francis recommends re-applying at least every two hours and after swimming or sweating. "When you apply sunscreen, use four times what you think you need. Don't forget the ears, back of neck and any bald spot not covered with a hat. Protect lips with lip sun block."

So what is the best SPF to use? According to Sergeant Francis, for best results and protection, an SPF 30 is the minimum to use.

"While a higher SPF number means more protection, the difference is small; SPF 15 blocks about 93 percent of UVB rays and SPF 50 blocks about 98 percent of UVB rays."

For more information on how to protect against skin cancer and the correct use of sunscreen, call the human performance training flight at Ext. 5688.

Cover up

- Limit time in the sun, particularly from 10 a.m. to 4 p.m.
- Wear sunscreen anytime you are exposed outdoors (hat and glasses are a good idea)
- No sunscreen is truly waterproof - just resistant. Re-apply often.
- Budget brands are just as effective as the more expensive brands.
- Apply correctly. Sunscreen should be applied to clean, dry skin 30 minutes before exposure to the sun which allows it time to absorb properly.
- Everyday use of sun lotions on the face and back of hands limits the chances of developing dry leathery skin, wrinkles, mottling and other signs of premature aging and skin cancer.
- The incidence of melanoma, the deadliest form of skin cancer, is rising faster than that of any other cancer. There are now nearly 8,000 melanoma deaths every year.

(Courtesy of www.skincancer.org and the 31st Aerospace Medicine Squadron)

Fly Bys

Sports classics

The Aviano Summer Sports Classic is a series of summer long sporting events. The first event is a 3 on 3 basketball tournament at 10 p.m. today at the Dragon Fitness Center. To register a team or for more information, call the fitness center at Ext. 7459.

Other ASSC events include moonlight golf July 22, a softball tournament July 28, flag football Aug. 19, X-Box Wars Aug. 26, and volleyball and horse shoes Sept. 9. Events include free food, door prizes and recognition for the winners.

For more information on the ASSC events, call Ext. 8238.

Volksmarch

The Aviano Road Runners next Volksmarch is to Palse, Porcia. The group meets at the Bar Municipio in Roveredo at 5:45 p.m. Saturday. A Volksmarch is also scheduled for Sunday to Cimolais. The group meets at the Bar Municipio at 7:45 a.m. For more information, call Ext. 7692 or 7404.

Cheerleading Camp

Kaiserslautern High School hosts a Universal Cheer Association Cheerleading Camp Sept. 1-3. The camp is open to all prospective high school cheerleaders and schools sponsoring a cheer team. The cost is \$100 per student.

A cheerleading coach camp will also be held. The cost is \$30. For more information, e-mail Jane Varalli at jane.varalli@eu.dodea.edu.

Sports physicals

Teens registered to attend Aviano High School for the 2006-2007 school year and intending to play a sport, need a current sports physical on file prior to the beginning of the sports season they intend participating in.

Schedule a sports physical appointment for July or August by calling 0434-30-5000.

Modern day lessons from Titanic

By Lt. Col. Todd Phinney
31st Fighter Wing chief of safety

Nearly all of us are familiar with the tragic sinking of the Titanic on the night of April 14, 1912. James Cameron's 1997 movie and the discovery of the ship on the ocean floor and its associated deep-water images still stir our imagination.

I also share many of these common thoughts. But as a chief of safety, I think about the safety lessons we can learn from this tragedy. Three safety lessons come to mind that are still applicable today.

The first lesson is the danger of being lulled into a false sense of invincibility. When the Titanic set sail on April 10, 1912, she was hailed as an unsinkable ship – a virtual floating lifeboat. With roughly 2,200 souls on board, the Titanic should have been equipped with 32 lifeboats. Tragically, White Star Lines, the owner of the Titanic, only purchased 16 because they believed their ship could not sink.

As a result, 1,500 people were left to die in the frigid North Atlantic waters. Today, many of our safety mishaps could be prevented if we didn't drive, play or operate machinery with this same sense of invincibility.

The second lesson is that poor planning was lethal in 1912 and is still so today. When designing the Titanic, aesthetics won over safety. In designing the grand ballroom, several of the bulkheads did not extend to the upper deck. Had they done so, the water gushing into the side of the vessel could have been checked in the affected chambers.

From impact to sinking, the Titanic went down in 30 minutes. Today, I look at the DUIs that we have and I wonder what that person's plan was to get home safely after drinking. Or I look at a motor vehicle accident and wonder what an individual's plan was in case they met an oncoming vehicle while passing on a blind curve.

The final lesson is the deadly consequence of speed. The skipper of the Titanic, Captain Smith, was on his final voyage. He was to retire after this trip was complete. He had been warned of the oncoming ice field, but chose to operate at maximum speed to set a time record. With calm seas, ice was especially difficult to see as there was no contrast of waves striking an object. By the time the forward lookout saw the ice, it was too late.

As we know, the Titanic was doomed. In our wing this year, over one third of our motor vehicle wrecks come as the result of driving too fast. Like the Titanic, had the operators slowed down, they too could have had a happy homecoming.

My hope is that we learn from the lessons of the Titanic sinking. While our poor decisions might not result in 1,500 deaths, to your loved ones, your death would be just as tragic.

Information gathered from: Disaster prevention – lessons learned from the Titanic, James B. Battles, PHD <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=1291331> and James Cameron – The Lessons of Titanic and other Reflections, <http://www.spaceref.com/news/viewstory.html?pid=14594>



The Cornerstone

An indispensable and fundamental basis

The Cornerstone Page is devoted to those who support junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The Cornerstone Page will also offer Air Force trivia and facts.

Submission info: We want to hear from you. Flex your writing talents and share your thoughts with us and the community.

Commentaries: Writers can send commentaries to vigileer@aviano.af.mil. Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send congratulatory messages to Vigileer@aviano.af.mil. Messages can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.

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Quincy Adams, our sixth president, the son of our second President John Adams, once said, "Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into air."

The courage and perseverance President Adams spoke of then is the way to success for the 31st Fighter Wing now. Our resolve must be perfectly impenetrable and irreversible: now, immediately and permanently.

After this tragedy, we stood together as a wing and declared W.A.R. against risk. You all joined with me as we stood up

and stared down risk. We pledged to eliminate risk in our routine, daily personal decisions. We shouted a word – *piano* – that we pledged to abide by in our lives. We identified risks in our workplaces and the local community and ways to eliminate or reduce them. I said I'd expend all resources to eliminate risks and I will, but I need your help as well. I need your commitment – military, civilian, dependent – to stare down risk and join the W.A.R.

Since last week, we've made great progress: just a single major POV (not serious thankfully) and zero injuries. This is how

it should be and must remain.

Our forefathers overcame adversity through waging war. Our W.A.R. today at Aviano is against risk.

Here's the W.A.R. recipe for success: 1) Don't drink and drive; 2) Slow down on the roads and get there safer and faster; 3) If engaging in watersports do not, do not, do not, dive and 4) If cooking out, be careful when starting fires.

Until we meet again, God Bless you and yours. Be an Airman in the W.A.R. and when engaging in any activity remember and apply this word – *piano*!